

Household Commodity Fact Sheet

**APPLES, FRESH**

Date: April 2009

Code: F510-F515

PRODUCT DESCRIPTION

- Fresh apples are U.S. Grade Fancy or better, fresh whole fruit.

PACK/YIELD

- F514: 1 pound bag (about 3 apples per bag)
- F515: 2 pound bag (about 6 apples per bag)
- F510: 3 pound bag (about 9 apples per bag)
- F511: 5 pound bag (about 15 apples per bag)

STORAGE

- Do not wash apples until ready to eat.
- Apples should be stored in the refrigerator. Keeping apples at room temperature will allow them to get mushy more quickly.
- For further guidance on how to store and maintain USDA Foods, please visit the FDD Web site at:
<http://www.fns.usda.gov/fdd/facts/biubguidance.htm>.

USES AND TIPS

- Fresh apples are a great snack or dessert, eaten whole or sliced.
- Dip apple slices in peanut butter or serve with crackers and cheese for a quick and easy snack.
- Fresh apples make delicious baked fruit desserts, such as breads, muffins, cobblers, and crisps.
- Apples are delicious baked alongside pork or poultry or chopped into stuffing or sauces.
- To prevent sliced apples from browning, dip into a mix of 1 part lemon juice and 3 parts water.

NUTRITION INFORMATION

- 1 medium apple counts as 1 cup in the MyPyramid.gov Fruit Group. For a 2,000-calorie diet, the daily recommendation is about 2 cups of fruit.
- 1 medium apple provides almost 20% of the daily recommended amount of fiber.

FOOD SAFETY INFORMATION

- Rinse apples in cool water and pat dry with paper towel before eating.

OTHER RESOURCES

- www.nutrition.gov
- www.commodityfoods.usda.gov

NUTRITION FACTS

Serving size: 1 medium apple, with skin (182g)

Amount Per Serving

Calories	100	Calories from Fat	0
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% Daily Value*

Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 25g	8%
Dietary Fiber 4g	18%
Sugars 19g	
Protein 0g	
Vitamin A 2%	Vitamin C 14%
Calcium 2%	Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet.

APPLE CRISP**MAKES 8 SERVINGS****Ingredients**

Nonstick cooking spray
 4-5 medium apples, center removed, sliced
 ¼ cup quick-cooking oatmeal
 ¼ cup flour
 ½ cup brown sugar (or ½ cup regular sugar)
 1 tablespoon cinnamon
 ¼ cup margarine

Directions

1. Preheat the oven to 350 degrees F.
2. Coat the bottom and sides of a square 8x8-inch baking pan with nonstick cooking spray.
3. Spread apple slices on the bottom of the pan.
4. Cut the margarine into small pieces and put in a medium-sized bowl. Add the oatmeal, flour, sugar, and cinnamon.
5. Use two knives to “chop” the margarine into the flour mixture until it looks like small crumbs. (Use two table knives in each hand. Pull the margarine through the flour mixture in opposite directions.)
6. Sprinkle the mixture over the top of the apples.
7. Bake in the oven for about 20 minutes.

Nutrition Information for 1 serving of Apple Crisp					
Calories	170	Cholesterol	5 mg	Sugar	21 g
Calories from Fat	50	Sodium	10 mg	Protein	1 g
Total Fat	6 g	Total Carbohydrate	30 g	Vitamin A	60 RAE
Saturated Fat	2 g	Dietary Fiber	3 g	Vitamin C	4 mg
				Calcium	30 mg
				Iron	1 mg

Recipe adapted from SNAP-ED Connection Recipe Finder, <http://recipefinder.nal.usda.gov>.

APPLE RAISIN TOSSED SALAD**MAKES 8 SERVINGS****Ingredients**

1 head of lettuce, chopped (about 10 cups)
 2 medium apples, sliced
 ½ cup walnuts, chopped (if you like)
 1 cup raisins
 ½ cup sliced green onions
 ¾ cup light or reduced-fat red wine vinaigrette (or Italian salad dressing)

Directions

1. Toss lettuce, apples, raisins, and onions in large bowl. If using walnuts, add that too.
2. Add dressing; mix well. Serve right away or refrigerate until ready to serve.

Tips

Use 1 cup dried cranberries in place of the raisins.

Nutrition Information for 1 serving of Apple Cranberry Tossed Salad					
Calories	150	Cholesterol	0 mg	Sugar	15 g
Calories from Fat	75	Sodium	290 mg	Protein	2 g
Total Fat	8 g	Total Carbohydrate	20 g	Vitamin A	168 RAE
Saturated Fat	1 g	Dietary Fiber	3 g	Vitamin C	11 mg
				Calcium	32 mg
				Iron	0 mg

Recipe adapted from SNAP-ED Connection Recipe Finder, <http://recipefinder.nal.usda.gov>.